



December 2003

City of Loma Linda

Community Garden News

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Friendly Reminders

- Lock the garden gate when you leave
- Close and lock the garden shed
- Return City equipment to the shed when you are finished (including hoses)
- You are welcome to keep your own hose near your site, but please put City hoses away when you are finished watering

Garden hours
are dawn 'til
dusk



Gardening in December

Although the temperature is cooling down, there are still plenty of things to plant and grow during the winter months. Below are some tips from University of California Cooperative Extension on vegetables to sow and grow when it's cold outside.

- Sow chard, kale, leeks, bibb and buttercrunch and romaine lettuces, mustards, green and bulb onions, flat-leaf parsley, peas, radishes, and savoy-leaved spinaches. Sprinkle just enough to settle them in.
- Transplant globe artichokes, jerusalem artichokes, asparagus, broccoli, cabbages, cauliflower, horseradish, and rhubarb; also cane berries, grapes, and strawberries. But, do so only when the soil is not waterlogged--if it crumbles after squeezing a fistful, it's ok; if it squishes or stays in a lump, it's too wet.
- Planting asparagus at different depths will provide a longer harvest--the shallow asparagus will send up its spears early in the season, and the deeper crowns will bear later.
- Harvest leaf crops such as lettuce and spinach by removing only the outer leaves. Let the three or four center leaves develop further. Thus, the plant continues growing--and you continue harvesting--throughout the season until spring warmth causes the plant to go to seed. By then, you'll soon be harvesting spring-sown or transplanted greens to supply your salads.
- Plant and tree roots are not very efficient in bringing moisture during cold weather, so be sure that they get water but aren't waterlogged.
- Fresh-picked chard, lettuce, spinach, and other greens are delicious, nutritious, and far less expensive than what's available at the supermarket. They're worth starting now if only for their flavor and texture added to store-bought basics. Besides, it's wonderful to have something bright green growing in the garden all winter--besides weeds.



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Loma Linda Senior Center

On Tuesday November 18th we rolled the new cooking demonstration table over to the Loma Linda Senior Center for the Healthy Holiday Cooking for Small Gatherings cooking demonstration. The menu included Tofu-not-a-turkey with shitake mushroom gravy, cranberry-orange relish, maple syrup glazed parsnips and carrots, rosemary-garlic potatoes and French vanilla ice cream with pumpkin butter topping.



Attendees enjoyed trying the healthy vegetarian Thanksgiving recipes prepared by LLU MPH nutrition students.

Most of the ingredients were purchased from Trader Joe's (you've got to try Trader Joe's pumpkin butter...it's wonderful!) and the recipes were developed by LLU Master of Public Health (MPH) student, Jasmin Ilkay. Needless to say, attendees really enjoyed the tasty dishes and came back for seconds. Cooking demonstration "veteran," and student Vanessa Aldaz (this was Vanessa's third cooking demonstration for the City), and LLU MPH nutrition students Jasmin Ilkay and Kari Davies did a great job demonstrating how to prepare the healthy holiday dishes. Recipes available upon request! Please stop by the Civic Center Admin Office or give us a call.



Jasmin Ilkay prepares a dish on the new cooking demonstration table.

**Love of flowers and vegetables is not enough to make a good gardener.
He must also hate weeds. ~Eugene P. Bertin**

*Pasta with Sweet Potato Sauce** (serves 4)

Pasta with Sweet Potato Sauce Serves 4 Sweet potatoes, and like other vegetables with a deep orange color, they are a great source of beta carotene and fiber. Sweet potato sauce is fabulous poured over pasta, and it's a snap to make.

Ingredients:

1 pound sweet potatoes, about 3 medium
1/8 teaspoon salt
1/2 pound cooked pasta of choice
2 tablespoons chopped parsley
1 12 ounce can evaporated skim milk
1/4 teaspoon ground white pepper
4 tablespoons grated Parmesan cheese

Directions:

Peel and slice sweet potatoes and steam for about 14 minutes until soft. Place cooked potatoes into blender with milk and whisk for about 7 minutes. The mixture will become a glossy, rich color. Season with salt and pepper and pour over cooked pasta. Sprinkle with grated Parmesan cheese and parsley.

Nutritional Information:

Calories: 283
Protein: 13 g
Fat: 3g
Fiber: 4 g
Calcium: 350 mg

*This is a 5 a Day recipe, and provides four people with two servings of vegetables each.